

What is the relationship between the intake of vegetable protein and blood pressure among adults without hypertension? (DGAC 2010)

Conclusion


Moderate evidence from both cohort and cross-sectional studies show that intake of vegetable protein is generally linked to lower blood pressure.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of vegetable protein and blood pressure among adults without hypertension?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Vegetable protein: What is the relationship between the intake of vegetable protein and/or soy protein and selected health outcomes?](#)